

Tumbling Routines 2017 - 2020

Mobility for 2017/2020: Athletes may enter the mobility system at level 7 and below. Athletes who wish to mobilize to the next level, may do so using the mobility scores listed in the current Rules and Policies

Level 1 - Compulsory

Pass 1 1. Forward Roll Tuck 2. Forward Roll Tuck Step Out 3. Cartwheel Step in	Pass 2 1. Back Roll Tuck 2. Back Roll Tuck 3. Back Roll Pike
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Level 2 - Compulsory

Pass 1 1. Handstand Forward Roll Step Out 2. Cartwheel 3. Cartwheel Step-in 4. Back Roll Tuck	Pass 2 1. Pwr Hurdle Round Off, Rebound 2. Back Roll Tuck 3. Back Roll Tuck 4. Back Roll Pike
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Level 3 - Compulsory

Pass 1 1. Pwr hurdle Cartwheel 2. Round Off, Rebound 3. Back Extension Roll Pike Down	Pass 2 1. Run, Round Off 2. Back Handspring 3. Rebound
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Level 4 - Compulsory

Pass 1 1. Pwr Hurdle Round Off 2. Back Handspring 3. Back Handspring Rebound	Pass 2 1. Run, Round Off 2. Back Handspring 3. Back Handspring Rebound
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Level 5 - Compulsory

Pass 1 1. Run, Round Off 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Handspring, Rebound	Pass 2 1. Run, Round Off 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Somersault Tuck
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Level 6 - Compulsory

Pass 1 1. Run, Round Off 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Back Somersault Tuck	Pass 2 1. Run, Round Off 2. Back Handspring 3. Back Handspring 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Back Somersault Pike
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Level 7 - Compulsory

Pass 1 1. Run, Round Off 2. Whipback 3. Back Handspring 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Back Somersault Straight	Pass 2 1. Run, Round Off 2. Whipback 3. Whipback 4. Back Handspring 5. Back Handspring 6. Back Handspring 7. Back Handspring 8. Back Somersault Pike
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Level 8 - 2 Voluntary Routines

Pass 1 8-Skill Minimum of 4 Somersaults, one of which must be the last skill and be performed in the straight position Minimum Pass DD 1.6 Maximum Pass DD 1.9 Maximum Skill DD 0.6	Pass 2 8-skill Minimum Pass DD 1.8 Maximum Pass DD 3.3 Maximum Skill DD 1.3 Must end in a somersault with at least 360° of twist
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Level 9 - 2 Voluntary Qualification - 1 Voluntary Finals

Pass 1 8-Skill Minimum of 5 Somersaults Must perform bounding somersaults one of which must be a back somersault with 1/1 twist Minimum Pass DD 2.4 Maximum Pass DD 2.9 Maximum Skill DD 0.9	Pass 2 8-skill Minimum DD 2.5 Maximum DD 3.4 Maximum Skill DD 2.2 Finals: 1 Voluntary Pass Maximum Pass DD 3.4 Maximum Skill DD 2.2
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Level 10 - 2 Voluntary Qualification - 2 Voluntary Finals

Pass 1 8-skill Minimum Pass DD 3.0 Maximum Pass DD 6.3 Maximum Skill DD 3.2 Must end in a double somersault	Pass 2 8-skill Minimum Pass DD 3.0 Maximum Pass DD 6.3 Maximum Skill DD 3.2 Must contain 1 double somersault placed anywhere in the pass Finals: 2 Voluntary Passes Maximum Pass DD 6.3 Maximum Skill DD 3.2
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